Cuisinart®

INSTRUCTION BOOKLET

Recipe Booklet Included

Cook Central® 4-Quart (3.8L) Multicooker	MSC-400C

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed:

1. **READ ALL INSTRUCTIONS.**
2. **Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.**
3. Do not touch hot surfaces; use handles. Always use oven mitts when handling hot material.
4. To protect against risk of electrical shock, do not immerse the multicooker housing in water or any other liquid. If housing falls into liquid, unplug the cord from outlet immediately. **DO NOT reach into the liquid**.
5. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
6. Do not operate any appliance with a damaged cord or plug or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return the appliance to the Customer Service Center (see Warranty for details) for examination, repair or mechanical or electrical adjustment.
7. The use of attachments not recommended by Cuisinart may cause fire, electrical shock, or risk of injury.
8. Do not use outdoors or anywhere the cord or unit housing might come into contact with water while in use.
9. Do not use the multicooker for anything other than its intended use.
10. This unit is not a deep fryer.
11. To avoid the possibility of the multicooker being accidentally pulled off work area, which could result in or damage to the cook personal injury, do not let cord hang over edge of table or counter.
12. To avoid damage to cord and possible fire or electrocution hazard, do not let cord come into contact with hot surfaces, including a stove.
13. Extreme caution must be used when moving the multicooker containing hot oil or other hot liquids.
14. Do not place on or near a hot gas or electric burner, or in a heated oven.
15. Do not operate multicooker in water or under running water.
16. Avoid sudden temperature changes, such as adding refrigerated foods to a heated pot.
17. **CAUTION: TO REDUCE THE RISK OF ELECTRIC SHOCK, COOK ONLY IN THE POT PROVIDED OR IN CONTAINERS PLACED ON THE COOKING RACK IN THE PROVIDED POT.**
18. **CAUTION:** A heated pot may damage countertops or tables. When removing the hot cooking pot from the multicooker, DO NOT place it directly on any unprotected surface. Always set the hot pot on a trivet or a rack.
19. To disconnect, turn any control to off, then remove plug from wall outlet.
20. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

SPECIAL CORD SET INSTRUCTIONS

A short power supply cord is provided to reduce the risks of becoming entangled in or tripping over a longer cord. Extension cords may be used if care is exercised.

If an extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance. The longer cord should be arranged so that it will not drape over the countertop or tabletop, where it can be pulled on by children or tripped over unintentionally.

NOTICE

This appliance has a polarized plug (one prong is wider than the other). As a safety feature, this plug will fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

CONTENTS

Important Safeguards. 2

Features and Benefits 3

Control Panel 4

Operation 4

Programming 5
- Brown/Sauté
- Slow Cook
- Steam

Cooking Guidelines 6

Tips & Hints 8

Cleaning, Care and Maintenance. 9

Troubleshooting 10

Warranty Information 11

FEATURES AND BENEFITS

1. Glass Lid with Handle
Check the progress of a dish without releasing heat.

2. Steaming Rack
Elevates ingredients for steaming.

3. Nonstick Aluminum Cooking Pot
Spreads heat evenly to perfectly brown and sauté ingredients right in unit. 4-qt capacity.

4. Control Panel
See next page for more detail.

5. BPA Free (not shown)
All parts that come into contact with food are BPA free.

GETTING TO KNOW YOUR CONTROL PANEL

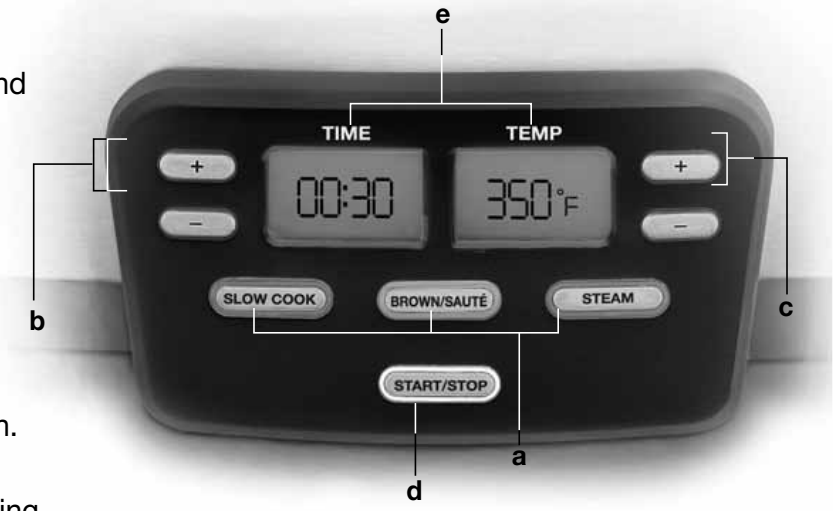
a. **Cooking Function Buttons**
Use to select SLOW COOK, BROWN/SAUTÉ or STEAM.

b. **Time Directionals**
Use to set cooking time. Press and hold to scroll quickly; press and release to advance more slowly.

c. **Temperature Directionals**
Use to set cooking temperatures. Press and hold to scroll quickly; press and release to advance more slowly.

d. **Start/Stop Button**
Starts and stops cooking function.

e. **Blue Backlit LCD Display**
Side-by-side display shows cooking time and temperature.



OPERATION

Cooking is simple with the Cook Central® 3-in-1 Multicooker.

1. Select cooking function.
2. Set desired cooking time and temperature.
3. Press START/STOP to begin cooking.
4. To turn off the unit at any time during cooking, press START/STOP.

NOTE: The unit is hot. Always use pot holders during and after cooking, and always lift the lid away from you.

CHANGING SETTINGS

Switching functions during cooking is easy. Press the desired new cooking function button and the unit will adjust to the default settings for your selection. Set your desired time and temperature as needed.

You can also adjust cooking time or temperature at any point with the Time/ Temperature Directionals.

Do not press START/STOP to select new settings. The unit is already on and cooking. Pressing START/STOP will turn the unit off.

COOKING WITHOUT A TIMER

If you do not wish to program a time, the unit will cook at the selected temperature until you manually turn the unit off (**Note**: Steam function requires a cooking time). The heater will also turn off automatically after the maximum allowable time for the selected function has been reached.

SLEEP MODE

The multicooker is equipped with a power-saving Sleep mode that will turn off the LED if the multicooker is not being used. The unit will also enter sleep mode if you manually stop cooking.

Press any button, except Start/Stop, to “wake up” the unit and operate as normal.

PROGRAMMING

BROWN & SAUTÉ

1. Press BROWN/SAUTÉ. A preset temperature of 350°F (176°C) will flash, as this is a commonly used Brown/ Sauté temperature.
2. Press Temperature Directionals to select a different temperature (from 150°F (65°C) TO 400°F (204°C).
3. Press the START/STOP button to begin preheating. Selected temperature will flash during heat-up.
4. When selected temperature is reached, two beeps will sound. Add ingredients to cooking pot—for best results, do not crowd pot.
5. Once cooking is complete, press START/STOP to stop cooking, or if you've browned ingredients as a first step, switch to the SLOW COOK function now. There is no need to press START/STOP again, as the unit is already cooking.

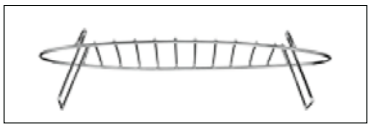
NOTE: Though browning is usually a hands-on task, you can set a cooking time with the Time Directionals. Countdown will start when selected temperature is reached and unit will automatically shut off when countdown is complete.

SLOW COOK

1. Fill cooking pot with ingredients and cover with lid.
2. Press SLOW COOK. A preset temperature setting of LOW will flash, as this is the most commonly used Slow Cook setting.
3. Press Temperature Directionals to select High, Low, Simmer or Warm. Refer to chart on page 6 for more information.
4. Set desired cooking time (up to 24 hours) with Time Directionals.
5. Press the START/STOP button to begin cooking. Selected time and temperature setting (High, Low, Simmer or Warm) will be displayed.
   NOTE: If you browned ingredients before switching to Slow Cook, the unit is already on, so pressing Start/Stop is not necessary.
6. When slow cooking on High, Low or Simmer, the unit will beep five times at the end of the cooking time and will automatically switch to the Keep Warm setting for 8 hours.
7. When Warm time elapses, one beep will sound and heater will turn off.
8. To turn the heater off manually at any time, press the START/STOP button.

STEAM

1. Place no more than 1 quart (0.9L) of water or other liquid in cooking pot and insert steaming rack as shown below; cover with lid.



2. Press STEAM. Steaming temperature cannot be changed.
3. Set desired cooking time (up to 1½ hours) by pressing Time Directionals.
4. Press the START/STOP button to start preheating. Selected time and temperature will flash as unit heats up.
5. When steaming temperature is reached, the unit will beep two times and the timer will begin counting down cooking time.
6. Carefully lift lid away from you and place food on rack, starting in the middle and working your way out. Be sure to cover pot with lid again.
7. When cooking time is complete, the unit will beep five times and the heater will turn off automatically.
8. Carefully remove food from pot with spoon, fork or tongs.
9. To turn the heater off manually at any time, press the START/STOP button.

NOTE: If all water has boiled away, the unit will shut off, so be sure to add enough for the desired steaming task.

COOKING GUIDELINES

SLOW COOKING

Slow cooking is perfect for foods that require long, slow simmering, such as soups, stocks, stews, and dried beans. Slow cooking is also ideal for tougher and less expensive cuts of meat like shoulder and pot roast.

The Simmer and Low settings are usually used for recipes that cook longer. When starting a dish later in the day, select the High setting to ensure that food is cooked, warm, and ready when you'd like to eat.

To reheat foods, use Brown/Sauté at 350°F (176°C) and stir until all ingredients are warmed through. Then switch to Warm on the Slow Cook function until ready to serve.

SETTING	GUIDELINES	RECIPES	TEMP	TIMER
High	Use this setting when you don't have time for a long, slow cook* and when "baking" on Slow Cook.	Soups, casseroles, puddings, stewed fruits	212˚F (100˚C)	Programmable up to 24 hours, then 8 hours (Warm)
Low	This standard slow cooker temperature is ideal for recipes you start in the morning and enjoy at the end of the day.	Braised foods, roasts, stews, ribs, shanks, chops, less tender cuts of meat, soups	200˚F (93˚C)	Programmable up to 24 hours, then 8 hours (Warm)
Simmer	The longer the cooking time, the more the flavors blend together and intensify.	Soups, stews, stocks	185˚F (85˚C)	Programmable up to 24 hours, then 8 hours (Warm)
Warm	Do not use this setting to cook food. It is intended only for keeping cooked food warm.	----	165˚F (74˚C)	Default is 8 hours. or Programmable up to 24 hours

*Results may vary

Suggested Cuts of Meat for Slow Cooking

BEEF/VEAL	PORK	LAMB	POULTRY	GAME
Choose cuts that are full of flavor and benefit from braising to tenderize.	Less tender cuts work best. Tenderloin will become tough if slow cooked.	Choose flavorful cuts that benefit from braising to tenderize.	Best choice – dark meat – bone-in. Breast meat can become dry when slow cooked.	Game generally tends to be less tender; therefore it is perfect for slow cooking.
Arm pot roast, brisket, short ribs, bottom round, chuck or rump roast, chuck shoulder steak, veal shanks	Boston butt roast; pork shoulder pieces; sausages; country style pork ribs (bone-in); pork shoulder or blade roast	Lamb shoulder; lamb stew meat; lamb shanks	Chicken or turkey legs and thighs	Venison roasts or stew meat, pheasant, duck thighs and legs

STEAMING

Steaming is one of the healthiest methods of cooking. No butter or oil is required and fewer nutrients are lost in the steaming process. Four cups/one quart (0.9L) of water is used for basic steaming unless otherwise specified.

Steaming Chart

FOOD	AMOUNT	PREPARATION	COOKING TIME
Asparagus	8 ounces	trimmed	4–7 minutes
Broccoli	8 ounces	1– 2-inch florets	7–10 minutes
Carrots, baby	8 ounces	whole	10–12 minutes
Cauliflower	8 ounces	1– 2-inch florets	7–9 minutes
Corn	2–3 small ears	husked	10–12 minutes
Green Beans	4 ounces	trimmed	8–10 minutes
Peas, snow	2 ounces	trimmed	4 minutes
Potatoes, new and gold	1 pound	halved	15–20 minutes
Potatoes, sweet	8 ounces	½-inch slices	8–12 minutes
Squash, summer/zucchini	8 ounces	½-inch rounds	5–8 minutes
Chicken	2 medium breast (8 to 10 ounces each)	whole	18–20 minutes (depending on thickness)
Shrimp	8 ounces	peeled & deveined	4–5 minutes
Fin Fish (salmon, swordfish, etc.)	1 pound	cut into portion sizes	8–12 minutes

BROWN/SAUTÉ

Use Brown/Sauté as you would a skillet or sauté pan on the stovetop for a variety of recipes. Prepare a quickly sautéed skillet dish, or brown food right in the pot as the first step in many braised or slow-cooked family favorites.

To reheat foods, use Brown/Sauté at 350°F (176°C) and stir until all ingredients are warmed through. Then switch to Warm on the Slow Cook function until ready to serve.

TIPS & HINTS

HEATUP TIMES may vary based on a number of factors. Approximate times are:

- Brown/Sauté 350°F (176°C), empty pot) – 6 minutes
- Steam 1 quart of water (0.9L) – 10 minutes

THE COOKING POT is designed specifically for use in the multicooker. Do not use in oven or on stovetop. Take it right to the table to serve!

THE STEAMING RACK should be placed in the UP position to raise food above water. NOTE: The metal steaming rack is specially designed for this pot and will not damage the coating if used as directed.

BROWN/SAUTÉ

- For even browning, it is important not to crowd the pan. Foods should be cooked in an even layer. Cook larger portions in batches when necessary.
- When browning and sautéing foods before slow cooking, some items may produce a lot of grease. To remove excess, use pot holders to carefully remove the pot from the base; pour off the grease from the edge of the pot. Return the cooking pot to the base and finish cooking.
- When browning meats, browned bits left in the bottom of the pot can be used to flavor the dish. Simply add a small amount of liquid (like water, wine or broth) to the pan and scrape up the browned bits with a wooden spoon – leave in pot. Incorporate into the dish or sauce.
- Foods can be reheated with the Brown/ Sauté function. Put precooked food into the cooking pot. Set on Brown/Sauté at 350°F (176°C) and stir until all ingredients are warmed through. Once food is simmering, switch to Warm on the Slow Cook function until ready to serve.
- For thicker dishes like stews, a small amount of liquid may need to be added to the pot when reheating.

SLOW COOKING

- Browning foods before slow cooking can add more depth and flavor to the finished dish. If time is short skip this step and add all ingredients to your cooking pot to slow cook. The only exception is ground meats, which should always be browned before slow cooking.
- When converting a traditional slow cook recipe to include Brown/Sauté, the liquid amount may need to be increased. This is because cooking starts at a higher temperature than it would in a traditional slow cooker. Recipes vary but we recommend checking the recipe halfway through cooking time.
- For best results, fill multicooker at least one-quarter full but not more than three-quarters full.
- To ensure that root vegetables such as carrots and potatoes are cooked through, cut them no larger than 2 inches (5cm). This is most important for dishes that slow cook fewer than 6 hours.
- “Crisp-tender” vegetables should be added during the last 30 minutes of cooking time to prevent overcooking. Some fresh herbs such as chopped parsley or chives should be stirred into dishes just before serving.
- In general, cooking for 1 hour on High is the equivalent of cooking for 2 hours on Low.
- Removing the lid when slow cooking lets heat escape, requiring extra cooking time. Each time the lid is removed, add about 15 to 20 minutes of cooking time.
- A fat mop can be used to remove separated fat from slow-cooked food by brushing it over the top. Alternatively, the food may be refrigerated and the congealed fat can then be lifted off and discarded before reheating and serving.
- Should you want to decrease the amount of fat in recipes, remove as much of the visible fat as possible from meats and skin from poultry. Drain any fat from browned meats.
- Many slow-cooked foods such as stews

benefit from cooling and refrigerating, then reheating – as the saying goes, stew or chili is always better the second day. Bring food to a simmer on the Brown/ Sauté function at 350°F (176°C). Stir to ensure all ingredients are warmed through and then switch to Warm on the Slow Cook function until serving.

- If using frozen foods, thaw completely before slow cooking.
- Recipes can be assembled the night before cooking. Brown ingredients if necessary and then combine with remaining ingredients in cooking pot. Cover and refrigerate. When ready to cook, place the cooking pot in the cold multicooker and add 30 minutes to your projected cooking time.
- In most cases, dried beans should be soaked overnight, drained, rinsed, and drained again before cooking. Do not add salt or any acid to beans when cooking, as it will prevent them from softening completely.

Adapt your traditional recipes to slow cook:

- For recipes that do not require the Brown/Sauté function before slow cooking, reduce the cooking liquid by at least 50% (soups are the exception). Liquids do not evaporate as they do in traditional cooking, and most often you will end up with much more liquid than you began with.
- Dairy products (milk, sour cream, some cheeses) will break down and curdle during slow cooking. Substitute canned evaporated milk, nonfat dry milk, or add dairy products during the last 30 minutes of cooking.
- If your recipe calls for precooked pasta or rice UNDERCOOK it and add to the pot in the last 30 minutes of slow cooking.

STEAMING

- To steam, fill the multicooker pot with no more than 1 quart (0.9L) of water.
- For smaller foods that might not sit evenly on the rack, we recommend steaming in a parchment or foil pouch. Note: If using foil, increase cooking time by approximately 50% of what is recommended.
- When adding heavier foods like corn on the cob to the steaming rack, place them on the middle of the rack and work your way to the edges.
- Always use caution when removing lid. It is best to remove the lid away from you.

CLEANING, CARE AND MAINTENANCE

All removable parts are dishwasher safe.

1. Unplug unit and allow it to cool completely before cleaning.
2. Never immerse unit in water or other liquids.
3. To clean the housing and control panel, simply wipe with a clean damp cloth.
4. Wash cooking pot, lid and rack with warm soapy water and rinse thoroughly. Or, clean in top rack of dishwasher.
5. Dry all parts after every use.
6. Any other servicing should be performed by an authorized service representative.

NOTE: If food residue sticks or burns onto cooking pot surface, fill pot with warm soapy water and allow to soak before cleaning. If scouring is necessary, use a nonabrasive cleanser or liquid detergent with a nylon pad or brush.

Troubleshooting Chart

Subject	Question	Answer/Solution
Power	Why won't my unit turn on?	Make sure your unit is plugged into a functional outlet.
		Contact Customer Service at 1-800-472-7606.
	Why is my unit turning itself off?	Cooker will enter sleep mode after 5 minutes of no use and unit will appear off. Press any button except Start/Stop to "wake up" the unit.
		If you did not press START after setting your unit, the cooker will enter sleep mode after 5 minutes. Press any button except Start/Stop to "wake up" the unit.
		The unit may have overheated. Let it cool and try again. If it does not turn on, contact Customer Service at 1-800-472-7606
		If pot has boiled dry during steaming, the unit will shut off as a safety precaution. Add water to the pot and restart.
		If changing functions when the unit is already cooking, do not hit the START/STOP button again. Doing so will turn the unit off. Just press your new function and select settings; the unit will switch automatically.
		The heater will turn off automatically after time has elapsed.
		If you do not set a cooking time, the unit will shut off after the maximum allowable cooking time for the selected function.
Error Code	Err	The unit has overheated. Let it cool down and try again. If problem persists, contact Customer Service at 1-800-472-7606.
Programming	Can I set a timer for the Brown/ Sauté function?	Yes. Setting the timer for Brown/Sauté is easy. Simply use the Time Directionals as you would for any other function. Unit will shut off when time expires.
	Can I change my cooking function, time or temperature when the unit is already cooking?	Yes. Simply use the cooking function, Time and Temperature Directionals. The unit is already on, so you do not need to hit the START/STOP button again. In fact, doing so will turn the unit off. Simply press the new function and/or desired settings; the unit will switch automatically and adjust itself accordingly.
Cooking	When should I brown my meat before slow cooking?	Browning meat before slow cooking is an optional step that adds flavor and color. You can omit it if time is short. Exception: ground meats must be browned.
	Which position should the rack be in for steaming?	Place rack in the "up" position for steaming (see page 5).
	Can I use the cooking pot on the stove/in the oven?	The cooking pot was designed specifically for use in this multi-cooker. We do not suggest using it on the stove or in the oven.
	Why isn't enough liquid in my slow-cooked dish?	Recipe ingredient amounts may vary if using multiple functions. See page 8 for details.
Cleaning	Can I put my unit in the dishwasher?	All removable parts are dishwasher safe.
		Do not immerse or put the base of the unit in the dishwasher. Clean the base and control panel with a clean damp cloth.
	The pot is nonstick – why is food sticking?	Though the pot has a nonstick coating, food residue can burn onto it, making it difficult to remove.
	Food residue is sticking to the cooking pot surface. How do I clean it without damaging it?	If food has burned on, fill pot with warm soapy water and allow to soak before cleaning. If scouring is necessary, use a non-abrasive cleanser or liquid detergent with a nylon pad or brush.

LIMITED THREE-YEAR WARRANTY

We warrant that this Cuisinart product will be free of defects in materials or workmanship under normal home use for 3 years from the date of original purchase. This warranty covers manufacturer's defects including mechanical and electrical defects. It does not cover damage from consumer abuse, unauthorized repairs or modifications, theft, misuse, or damage due to transportation or environmental conditions. Products with removed or altered identification numbers will not be covered.

This warranty is not available to retailers or other commercial purchasers or owners. If your Cuisinart product should prove to be defective within the warranty period, we will repair it or replace it if necessary. For warranty purposes, please register your product online at www.cuisinart.ca to facilitate verification of the date of original purchase and keep your original receipt for the duration of the limited warranty. This warranty excludes damage caused by accident, misuse or abuse, including damage caused by overheating, and it does not apply to scratches, stains, discolouration or other damage to external or internal surfaces that does not impair the functional utility of the product. This warranty also expressly excludes all incidental or consequential damages.

Your Cuisinart product has been manufactured to the strictest specifications and has been designed for use only in 120 volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart.

If the appliance should become defective within the warranty period, do not return the appliance to the store. Please contact our Customer Service Centre:

Toll-free phone number:
1-800-472-7606

Address:

Cuisinart Canada
100 Conair Parkway
Woodbridge, Ont. L4H 0L2

Email: consumer_Canada@conair.com

Model: MSC-400C

To facilitate the speed and accuracy of your return, please enclose:

- $10.00 for shipping and handling of the product (cheque or money order)
- Return address and phone number
- Description of the product defect
- Product date code*/copy of original proof of purchase
- Any other information pertinent to the product's return

* Product date code can be found on the underside of the base of the product. The product date code is a 4 or 5 digit number. Example, 90630 would designate year, month & day (2009, June 30th).

Note: We recommend you use a traceable, insured delivery service for added protection. Cuisinart will not be held responsible for in-transit damage or for packages that are not delivered to us.

To order replacement parts or accessories, call our Customer Service Centre at 1-800-472-7606.

For more information, please visit our website at **www.cuisinart.ca**

©2013 Cuisinart Canada
100 Conair Parkway
Woodbridge, ON L4H 0L2
Consumer Call Centre E-mail:
Consumer_Canada@Conair.com
1-800-472-7606
Printed in China
13CC140550
IB-11690-CAN

Cuisinart®

Recipe Booklet

Cook Central® 4-Quart (3.8L) Multicooker | **MSC-400C**

RECIPES

Breakfast & Starters

Spinach & Gruyère Breakfast Strata 14

Maple Cinnamon Oatmeal 14

Turkey Swedish Meatballs 15

Stocks & Sauces

Easy Chicken Stock 16

Shrimp Stock 16

Garden Vegetable Sauce 17

Bolognese 17

Soups & Stews

Rustic Tomato Soup 18

Chicken Noodle Soup 18

Mushroom Barley Soup 19

Beef Stew 19

Super Chili 20

Entrées

Brisket of Beef 20

Chicken with Hot and Sweet Peppers 21

Lemon Chicken with Rosemary 21

Pulled Pork 22

Primavera Shrimp Sauté 23

Asian-Style Steamed Salmon 23

Tofu with Soy-Ginger Vegetables 24

Sides

Garlic-Rosemary Beans 25

Macaroni & Cheese 25

Sautéed Red Potatoes 26

Brown Rice Risotto 26

Desserts

Applesauce 27

Dulce de Leche 27

Poached Pears 28

Lightened Rice Pudding 28

= On the lighter side

Spinach & Gruyère Breakfast Strata

This is a delicious dish to have at brunch for a crowd. The flavors are rich and it takes only a few steps to complete.

Settings: Brown/Sauté
Slow Cook

Makes twelve 1-cup (250ml) servings

- **1½ teaspoons (7.5ml) olive oil**
- **1 garlic clove, peeled and finely chopped**
- **1 small onion, peeled and chopped**
- **1 teaspoon (5ml) kosher salt, divided**
- **8 large eggs**
- **1 cup (250ml) heavy cream**
- **1 cup (250ml) whole milk**
- **¼ teaspoon (1ml) freshly ground black pepper**
- **¼ teaspoon (1ml) ground nutmeg**
- **1 teaspoon (5ml) dried mustard powder**
- **1 loaf (1 pound (450g) challah bread, cut into 1-inch cubes**
- **4 ounces baby spinach**
- **6 ounces Gruyère, shredded**

1. Put the oil into the cooking pot of the Multicooker, set to Brown/Sauté at 350°F (180°C). Once preheated, add the garlic, onion and a pinch of the salt. Sauté until golden and fragrant, about 3 to 4 minutes. Meanwhile, in a large bowl combine the eggs, cream, milk, pepper, remaining salt, nutmeg, and mustard powder. Whisk well to combine. Add the bread cubes, spinach and cheese. Mix well to fully coat.

2. Add the soaked bread cubes to the pot and stir once more to incorporate the onion and garlic. Cover and switch from Brown/Sauté to Slow Cook set on Low for 3½ hours.

3. Once time has expired, the unit will automatically switch to Keep Warm. This is best served immediately.

Nutritional information per serving:
Calories 331 (55% from fat) • carb. 22g • pro. 14g • fat 20g • sat. fat 10g • chol. 206mg • sod. 500mg • calc. 254mg • fiber 1g

Maple Cinnamon Oatmeal

Milk gives the oatmeal a creamy consistency. Water, however, can easily be substituted, should you prefer.

Setting: Slow Cook

Makes six 1-cup (250ml) servings

- **1½ cups (375ml) steel cut oats**
- **3 cups (750ml) water**
- **3 cups (750ml) milk (may use whole or reduced fat), divided**
- **2 tablespoons (30ml) pure maple syrup**
- **1 cinnamon stick**
- **½ teaspoon (2.5ml) kosher salt**
- **pinch ground nutmeg**
- **½ cup (125ml) raisins or other dried fruit (for larger dried fruit varieties, chop into bite-size pieces)**

1. Put the oats, water, 1½ cups (375ml) of milk, maple syrup, cinnamon stick, salt, nutmeg and dried fruit into the cooking pot of the Multicooker.

2. Cover and set to Slow Cook on Low for
2½ hours.

3. Once unit switches to Keep Warm, stir the remaining milk into oatmeal. Remove cinnamon stick and serve immediately.

Nutritional information per serving:
Calories 277 (21% from fat) • carb. 46g • pro. 9g • fat 7g • sat. fat 3g • chol. 18mg • sod. 258mg • calc. 160mg • fiber 5g

Turkey Swedish Meatballs

What was old is new and popular again, and that is true with this classic dish. These are sure to please everyone, Swedes and non-Swedes alike.

Setting: Brown/Sauté

Makes about 60 meatballs

- **¼ cup (60ml) milk (whole or reduced fat)**
- **1 slice sandwich bread, torn into 1-inch (2.5cm) pieces**
- **1 small celery stalk, finely chopped**
- **1 pound (450g) ground turkey**
- **1 small onion, peeled and finely chopped**
- **¾ teaspoon (4ml) kosher salt**
- **¼ teaspoon (1ml) ground white pepper**
- **½ teaspoon (2.5ml) baking powder**
- **¼ teaspoon (1ml) ground allspice**
- **1 pinch ground nutmeg**
- **1 large egg, lightly beaten**
- **3½ tablespoons (50ml) unsalted butter, divided**
- **3 tablespoons (45ml) unbleached, all-purpose flour**
- **4 cups (1,000ml)chicken broth, low sodium**
- **⅓ cup (75ml)sour cream or crème fraîche**

1. Put the milk into a large liquid measuring cup and add the bread. Let soak.

2. While the bread is soaking, combine the celery, turkey, onion, salt, pepper, baking powder, spices and egg in a large mixing bowl. Squeeze the milk out of the bread and add the bread (discarding the milk) to the turkey mixture. With clean or gloved hands, gently mix together until fully combined. Do not over-mix or the meatballs will be tough. Using a small ice cream scoop, form into 1-inch (2.5cm) meatballs (about 1 tablespoon (15ml) of mixture per ball).

3. Put ½ tablespoon (7ml) of the butter into the cooking pot of the Multicooker set to Brown/Sauté at 375˚F (190°C). Once the butter melts and is hot and foamy, add the meatballs in about four batches, turning the meatballs every minute
or two until browned or all sides. Remove, reserve and repeat with remaining meatballs. Once all are browned, remove and reserve together.

5. Add the remaining butter to the cooking pot. Once it is melted and foamy, stir in the flour. Stirring constantly with a wooden spoon, cook until the butter/flour mixture is lightly browned. Slowly stir in the broth. Bring to a boil and cook until thickened, about 10 minutes. Reduce heat to 300°F (150°C) and stir in the sour cream.

6. Put all of the meatballs into the cooking pot with the gravy. Raise heat to 350°F (180°C) and bring to a boil. Boil for about 10 minutes to coat the meatballs with the thickened gravy.

7. Serve immediately or reduce heat to 200°F (100°C) and keep covered until ready
to serve.

Nutritional information per meatball:
Calories 26 (57% from fat) • carb. 1g • pro. 2g • fat 2g • sat. fat 1g • chol. 11mg • sod. 49mg • calc. 7mg • fiber 0g

Stocks & Sauces

Easy Chicken Stock

A kitchen staple. Use this in any of our recipes that call for stock.

Setting: Slow Cook

Makes about 8 cups (2L)

- **1 chicken carcass (from a 3 to 4-pound (1.3 to 1.8kg) chicken*)**
- **1 medium to large onion, peeled and cut into eighths**
- **1 medium carrot, peeled and cut into 2-inch (5cm) pieces**
- **1 medium celery stalk, cut into 2-inch (5cm) pieces**
- **1 small leek, root end trimmed, washed well and cut into 2-inch (5cm) pieces**
- **1 sprig fresh thyme**
- **1 bay leaf**
- **½ teaspoon (2ml) black peppercorns**
- **8 cups (2,000ml) water**

1. Put all ingredients into the cooking pot of the Multicooker.

2. Cover and set to Slow Cook on Low for 12 hours.

3. Once unit switches to Keep Warm, strain stock, discarding the carcass and vegetables. Use immediately or cool to store in the refrigerator or freezer.**

* Although a raw chicken will produce a more flavorful stock, your leftover roasted chicken carcass can also be used.

** Stock will keep up to one week in the refrigerator or two months in the freezer.

Nutritional information per serving (½ cup (125ml): Calories 17 (21% from fat) • carb. 2g • pro. 1g • fat 0g • sat. fat 0g • chol. 5mg • sod. 16mg • calc. 13mg • fiber 0g

Shrimp Stock

An easy-to-make stock.

Settings: Brown/Sauté
Slow Cook

Makes about 8 cups

- **1 pound (450g) shrimp (about 25 medium shrimp)**
- **1 teaspoon (5ml) olive oil**
- **1 medium onion, peeled and roughly chopped**
- **1 medium celery stalk, cut into 1-inch (2.5cm) pieces**
- **1 garlic clove, peeled and smashed**
- **¼ cup (60ml) dry white wine**
- **1 bay leaf**
- **8 cups (2,000ml) water**

1. Peel shrimp. Reserve shells. Wrap shrimp and reserve for a separate use, for example: Shrimp & Chorizo Gumbo, page 12, or Paella, page 17.

2. Set the Multicooker to Brown/Sauté at 400°F (200°C) and add the oil. Once preheated, add the shrimp shells and stir until they turn bright pink, about 2 minutes. Stir in the onion, celery and garlic and continue to cook for a few minutes until vegetables are fragrant. Add the white wine and stir until completely reduced. Stir in the bay leaf and water and let come to just a boil.

3. Cover and switch to Slow Cook on Low for 4 hours.

4. Once unit switches to Keep Warm, strain stock, discarding the solids. Use immediately or cool to store in refrigerator or freezer.*

* Shrimp stock will keep up to three days in the refrigerator or two months in the freezer.

Nutritional information per serving (½ cup (125ml): Calories 29 (19% from fat) • carb. 1g • pro. 4g • fat 1g • sat. fat 0g • chol. 36mg • sod. 168mg • calc. 22mg • fiber 0g

Garden Vegetable Sauce

This versatile sauce freezes well, so you can always have some on hand.

Settings: Brown/Sauté/Slow Cook

Makes about 8 cups (2L)

1 tablespoon (15ml) olive oil
1 medium onion, peeled and cut into ½-inch (1.25cm) pieces
2 medium carrots, peeled and cut into ½-inch (1.25cm) pieces
1 cup (250ml) ½-inch (1.25cm) cubed eggplant (not peeled)
1 medium celery stalk, cut into ½-inch (1.25cm) pieces
2 garlic cloves, peeled and smashed
1½ teaspoons (7ml) kosher salt, divided
1½ teaspoons (7ml) dried oregano
1½ teaspoons (7ml) dried basil
4 roasted red bell peppers, cut into 1-inch (2.5cm) pieces
½ cup (125ml) dry white wine
4 cans (15.5-ounces (445ml), each) diced tomatoes, strained, reserving 1 cup (250ml) of the juice
1 tablespoon tomato paste
¼ teaspoon (1ml) freshly ground black pepper
2 tablespoons (30ml) granulated sugar

1. Put the oil into the cooking pot of the Multicooker, set to Brown/Sauté at 350°F (180°C). Once preheated, add the onion, carrots, eggplant, celery, garlic and ½ teaspoon (2.5ml) of the salt. Sauté ingredients until softened, about 8 to 10 minutes.

2. Add the oregano, basil, red peppers and wine. Cook until the wine is reduced by at least half. Add tomatoes with the 1 cup of reserved juice, tomato paste, remaining salt, pepper and sugar. Bring to a boil, cover and switch to Slow Cook on Low for 3 hours.

3. Once the 3 hours expire, the unit will automatically switch to Keep Warm. If you want to serve as a more ragout-style sauce, you can serve as is over thick cut noodles. If you want a smoother sauce, transfer to a blender in batches, and blend to desired consistency.

Nutritional information per serving (½ cup (125ml): Calories 52 (15% from fat) • carb. 9g • pro. 1g • fat 1g • sat. fat 0g • chol. 0mg • sod. 440mg • calc. 27mg • fiber 2g

Bolognese

This Italian sauce is a classic. The longer it can simmer in the Multicooker the better the flavors will be.

Settings: Brown/Sauté/Slow Cook

Makes 6 cups (1.5L)

1 tablespoon (15ml) olive oil
1 tablespoon (15ml) unsalted butter
1 medium onion, peeled and finely chopped
1 medium carrot, peeled and finely chopped
1 medium celery stalk, finely chopped
4 garlic cloves peeled and finely chopped
½ pound (225g) ground beef (96% lean)
½ pound (225g) ground veal
½ pound (225g) sweet Italian sausage, casings removed (about 3 links)
1 teaspoon (5ml) kosher salt, divided
1 cup (250ml) whole milk
¾ cup (175ml) dry white wine
½ teaspoon (2ml) freshly ground black pepper
1 can (28 ounces (796ml) whole peeled tomatoes, roughly chopped, with juice

1. Put the oil and butter into the cooking pot of the Multicooker set to Brown/Sauté at 400°F (200°C). When the butter melts, stir in the chopped vegetables including garlic. Sauté vegetables until soft and fragrant, about 5 to 6 minutes, stirring occasionally. Stir in the ground meats, including sausage, in two to three batches, and ½ teaspoon (5ml) of salt. Cook until completely browned, breaking up meat with a wooden spoon as it cooks.

2. Once the meat is brown, stir in the milk. Simmer until the milk is completely evaporated. Add the wine and simmer until liquid has completely evaporated. Add the remaining salt, pepper and tomatoes to the cooking pot. Stir ingredients together well.

3. Cover and switch to Slow Cook on Low for 6 hours.

4. Once unit switches to Keep Warm, use sauce immediately or cool to store in the refrigerator or freezer.

* Sauce will keep up to five days in the refrigerator or three months in the freezer.

Nutritional information per serving (½ cup (125ml): Calories 144 (42% from fat) • carb. 6g • pro. 12g • fat 7g • sat. fat 3g • chol. 38mg • sod. 487mg • calc. 53mg • fiber 1g

* Sauce will keep up to five days in the refrigerator or three months in the freezer.

Nutritional information per serving (½ cup (125ml): Calories 144 (42% from fat) • carb. 6g • pro. 12g • fat 7g • sat. fat 3g • chol. 38mg • sod. 487mg • calc. 53mg • fiber 1g

Soups & Stews

Rustic Tomato Soup

Sautéing the vegetables gives this soup a rich, sweet flavor.

Settings: Brown/Sauté
Slow Cook

Makes about 8 cups (2L)

- **1 tablespoon (15ml) olive oil**
- **2 garlic cloves, peeled and smashed**
- **1 medium onion, peeled and chopped**
- **1 medium carrot, peeled and sliced**
- **1 celery stalk, chopped**
- **1 teaspoon (5ml) kosher salt, divided**
- **¾ teaspoon (4ml) freshly ground black pepper, divided**
- **2 pounds (900g) plum tomatoes, chopped**
- **2 teaspoons (10ml) dried basil**
- **1 teaspoon (5ml) marjoram**
- **6 sun-dried tomatoes**
- **¼ teaspoon (1ml) baking soda**
- **4 cups (1,000ml) vegetable stock**

1. Put the olive oil into the cooking pot of the Multicooker set to Brown/Sauté at 350°F (180°C). Once preheated, add garlic, onion, carrot, celery and a pinch each of the salt and pepper. Sauté until soft and golden, about 8 to 10 minutes, stirring occasionally.

2. Add remaining ingredients and stir to combine. Cover and switch to Slow Cook on Low for 4 hours.

3. Once unit switches to Keep Warm, blend to finish the soup. Add soup to a blender in batches, blending until smooth. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup (250ml): Calories 86 (22% from fat) • carb.16g • pro. 3g • fat 2g • sat. fat 0g • chol. 0mg • sod. 432mg • calc. 63mg • fiber 4g

Chicken Noodle Soup

This soothing soup is chock full of good-for-you chicken and veggies.

Setting: Slow Cook

Makes about 10 cups (2.5L)

- **1 medium onion, peeled and finely chopped**
- **3 medium carrots, peeled and sliced into ¼-inch rounds (1.25cm)**
- **2 celery stalks, cut into ¼-inch (7mm) dice**
- **1 bone-in, skinless chicken breast***
- **1 bone-in, skinless chicken leg**
- **1½ teaspoons (7.5ml) kosher salt, divided**
- **¼ teaspoon (1ml) freshly ground black pepper**
- **1 handful fresh Italian parsley**
- **1 sprig fresh thyme leaves**
- **6 cups (1,500ml) chicken stock**
- **1 cup (250ml) dried egg noodles**
- **½ cup (125ml) frozen peas**

1. Put the onion, carrots, celery, chicken parts, 1 teaspoon (5ml) salt, pepper, parsley, thyme and stock into the cooking pot of the Multicooker.

2. Cover and set unit to Slow Cook on High for 5 hours. Once unit switches to Keep Warm, remove the chicken from the pot and then switch unit back to Slow Cook on High to bring soup to a heavy simmer.

3. Allow the parts to cool and remove and discard all bones; shred or chop the meat and put back into the pot. Once the soup is simmering, add the noodles and remaining salt. Simmer until the noodles are cooked through, according to package instructions. Once the noodles are cooked, stir in the peas.

4. Switch unit to Keep Warm until serving.

*If desired, substitute 2 cups (500ml) shredded, roast chicken instead of cooking the chicken parts.

Nutritional information per serving (1 cup (250ml): Calories 102 (20% from fat) • carb. 9g • pro. 11g • fat 2g • sat. fat 1g • chol. 34mg • sod. 314mg • calc.35mg • fiber 2g

Mushroom Barley Soup

A bowl of this deeply satisfying soup plus a slice of crusty French bread makes the perfect winter meal.

Settings: Brown/Sauté
Slow Cook

Makes about 9 cups (2.13L)

- **2 tablespoons (30ml) unsalted butter**
- **1 medium leek, root end trimmed, washed well and finely chopped**
- **1 medium onion, peeled and finely chopped**
- **2 medium carrots, peeled and finely chopped**
- **1 pound (450g) mixed mushrooms, sliced**
- **4 garlic cloves, peeled and finely chopped**
- **2 teaspoons (10ml) kosher salt**
- **1 teaspoon (5ml) fresh thyme leaves**
- **1 bay leaf**
- **⅓ cup (80ml) sherry**
- **½ cup (125ml) pearl barley**
- **6 cups (1,500ml) vegetable stock**
- **½ teaspoon (2.5ml) freshly ground black pepper**
- **1 tablespoon (15ml) chopped fresh Italian parsley**
- **1 teaspoon (5ml) fresh lemon juice**

1. Put the butter into the cooking pot of the Multicooker set to Brown/Sauté at 375°F (190°C). Once melted, stir in the leek, onion and carrots. Sauté until vegetables are soft and fragrant, about 5 to 8 minutes. Stir in the mushrooms, garlic, salt, thyme and bay leaf. Cook until mushrooms release most of their moisture and have cooked down considerably, up to 10 minutes. Add sherry to the pot and cook until almost completely reduced.

2. Add the barley, stock and pepper. Cover and switch the unit to Slow Cook on High for 3½ hours.

3. Once unit switches to Keep Warm and right before serving, stir in fresh parsley and lemon juice.

4. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup (250ml): Calories 119 (21% from fat) • carb. 19g • pro. 3g • fat 3g • sat. fat 2g • chol. 7mg • sod. 892mg • calc. 29mg • fiber 3g

Beef Stew

This beef stew is one of the simplest you will ever find. Just combine the ingredients and let the multicooker do the rest.

Setting: Slow Cook

Makes about 5 cups (1.25L)

- **1¼ to 1½ pounds (570g-675g) beef chuck, cut into 1- to 2-inch (2.5-5cm) cubes**
- **1 teaspoon (5ml) kosher salt**
- **¼ teaspoon (1ml) freshly ground black pepper**
- **1 small onion, peeled and finely chopped**
- **1 medium carrot, peeled and cut into ½-inch (1.25cm) rounds**
- **1 small celery stalk, thinly sliced**
- **4 small new white or red potatoes, quartered**
- **4 garlic cloves, peeled**
- **4 ounces (115g) cremini (baby bella) mushrooms, halved or quartered**
- **1 teaspoon (5ml) dried herbes de Provence**
- **1 bay leaf**
- **½ cup (125ml) dry red wine**
- **¼ cup (60ml) tomato paste**
- **1½ cups (375ml) beef stock, low sodium**
- **1½ tablespoons (22ml) cornstarch**
- **1 cup (250ml) green peas, fresh or frozen**
- **3 tablespoons (45ml) chopped fresh Italian parsley, for garnish**

1. Put all ingredients except for the cornstarch, peas and parsley into the cooking pot of the Multicooker.

2. Set to Slow Cook on Low for 16 hours.

3. Once the unit switches to Keep Warm, transfer 1 tablespoon (15ml) of the stew liquid to a small measuring cup or ramekin. Stir in the cornstarch to make a slurry. Switch the unit to Brown/Sauté at 350°F (180°C) to bring the stew to a boil. Stir in the slurry and allow to cook for about 1 to 2 minutes to thicken the stew. Stir in the peas and parsley and switch to Keep Warm (on Slow Cook) for serving.

4. Taste and adjust seasoning accordingly.

Note: If you have time, you can brown the beef prior to slow cooking. Do this on Brown/Sauté at 400˚F (200°C) prior to the first step.

Nutritional information per serving (1 cup (250ml): Calories 241 (19% from fat) • carb. 16g • pro. 29g • fat 5g • sat. fat 2g • chol. 73mg • sod. 762mg • calc. 42mg • fiber 3g

Super Chili

Don't be intimidated by the amount of chili powder in this recipe; most store-bought varieties lean on the side of mild. Spice lovers can turn up the heat by increasing the cayenne or stirring in some puréed chipotle chiles.

Settings: Brown/Sauté
Slow Cook

Makes about 6 cups (1.5L)

- **1¾ pounds (800g) ground beef (chuck works well)**
- **1 teaspoon (5ml) vegetable oil**
- **1 small onion, peeled and finely chopped**
- **1 jalapeño, seeded and finely chopped**
- **1 medium red pepper, cut into ¼-inch (6mm) dice**
- **4 garlic cloves, peeled and finely chopped**
- **⅓ cup (75ml) chili powder**
- **2 teaspoons (10ml) dried oregano**
- **2 teaspoons (10ml) kosher salt**
- **¼ teaspoon (1ml) cayenne pepper**
- **1 can (14.5 ounces (450ml) crushed tomatoes**
- **1 can (14.5 ounces (450ml) diced tomatoes, drained**

1. Set the Multicooker to Brown/Sauté at 400°F (200°C). Once preheated, add the ground beef in two batches and break apart with a wooden spoon. Cook until meat is browned and completely cooked through. Remove and reserve meat. Carefully remove pot from the unit and drain out all of the fat. Return pot to the base.

2. Add the teaspoon of vegetable oil to the cooking pot and set to Brown/Sauté at 350°F (180°C). Once hot, add the onion, jalapeño, red pepper and garlic. Stir together and sauté until soft and fragrant, about 5 to 8 minutes. Return the cooked beef to the pot. Stir in the chili powder, oregano, salt and cayenne.

3. Add the crushed and diced tomatoes and stir well. Cover and switch the unit to Slow Cook on Low for 6 hours. When unit switches to Keep Warm, degrease the chili by either skimming any excess fat with a ladle or by gently blotting the surface with a paper towel.

4. Taste and adjust seasoning accordingly. Leave on Keep Warm until ready to serve.

Nutritional information per serving (1 cup (250ml): Calories 332 (50% from fat) • carb. 13g • pro. 29g • fat 19g • sat. fat 7g • chol. 82mg • sod. 989mg • calc. 79mg • fiber 5g

Entrées

Brisket of Beef

Also delicious with bottom round or chuck.

Settings: Slow Cook
Brown/Sauté

Makes 6 servings

- **1 large onion, peeled, halved and sliced**
- **1 garlic clove, peeled and smashed**
- **1 medium carrot, peeled and cut into 1-inch (2.5cm) rounds**
- **1 medium celery stalk, cut into 1-inch (2.5cm) slices**
- **2 sprigs fresh thyme**
- **1 beef brisket (2 pounds (900g), first cut**
- **½ teaspoon (2.5ml) kosher salt**
- **½ teaspoon (2.5ml) freshly ground black pepper**
- **½ cup (125ml) red wine**
- **½ cup (125ml) beef stock, low sodium**
- **¼ cup (60ml) tomato paste**

1. Put the onion, garlic, carrot, celery and thyme in the cooking pot of the Multicooker.

2. Season the brisket on both sides with the salt and pepper. Place on top of the vegetables. Stir the wine, stock and tomato paste together in a large measuring cup; pour over the seasoned beef.

3. Cover and set the unit to Slow Cook on
Low for 12 hours.

4. To serve, remove the brisket and allow to cool (keep the sauce and vegetables

on Keep Warm). When the brisket is cool, thinly slice and return to the pot with sauce and vegetables. Switch to Brown/Sauté at 350°F (180°C) and allow to cook until the brisket is warmed through and then switch back to Warm or Slow Cook for serving.

Nutritional information per serving
Calories 303 (42% from fat) • carb. 9g • pro. 32g • fat 14g • sat. fat 5g • chol. 101mg • sod. 400mg • calc. 42mg • fiber 2g

Chicken with Hot and Sweet Peppers

The combination of hot and sweet peppers with briny olives makes this dish burst with flavor.

Settings: Brown/Sauté
Slow Cook

Makes 4 to 6 servings

- **6 bone-in chicken thighs, trimmed of any excess fat***
- **½ teaspoon (2.5ml) kosher salt**
- **¼ teaspoon (1ml) freshly ground black pepper**
- **1 teaspoon (5ml) olive oil**
- **2 Italian chicken or turkey sausages, about 5 ounces total (142g), cut into ½-inch (1.25cm) slices**
- **1 small onion, peeled and finely chopped**
- **½ medium red bell pepper, finely chopped**
- **½ medium yellow or orange bell pepper, finely chopped**
- **2 tablespoons (30ml) dry white wine**
- **¾ cup (175ml) chopped hot and sweet cherry peppers (about 4 to 6 peppers)**
- **¾ cup (175ml) green Italian olives (about 10 large olives, such as Cerignola), pitted and chopped**

1. Season the chicken thighs on both sides with salt and pepper.

2. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 400°F (200°C). Once unit is preheated, put chicken pieces into the cooking pot, skin side down. Brown well, about 6 to 8 minutes per side. Remove and reserve.

3. Add sausages and sauté until brown, about 3 to 4 minutes. Remove and reserve. You should have about 1 tablespoon (15ml) of fat in the pan. Remove any excess.

4. Add onion and bell peppers to the cooking pot. Sauté until soft, about 5 minutes.

5. Stir in white wine, scraping any brown bits on bottom of pot with wooden spoon.

6. Put chicken pieces back into cooking pot, along with the reserved sausage, cherry peppers and olives.

7. Cover unit and switch to Slow Cook on Low for 5 hours.

8. Once time has expired, unit will automatically switch to Keep Warm.

*You can also substitute 2 boneless chicken breasts and 2 whole chicken legs (for a total of about 2 pounds (900g) if you are breaking down a whole chicken. The chicken carcass can then be used to make the chicken stock on page 5.

Nutritional information per serving (based on 6 servings):
Calories 219 (10% from fat) • carb. 5g • pro. 29g • fat 8g • sat. fat 1g • chol. 97mg • sod. 1002mg • calc. 19mg • fiber 1g

Lemon Chicken with Rosemary

By the end of the cooking time, the chicken in this dish falls apart, making a light and lemony dish that will soon be a favorite.

Settings: Brown/Sauté
Slow Cook

Makes 6 servings

- **1 teaspoon (5ml) olive oil**
- **6 bone-in chicken thighs, trimmed of excess fat (about 1½ pounds (675g)**
- **1 teaspoon (5ml) kosher salt, divided**
- **¼ teaspoon (1ml) freshly ground black pepper**
- **¼ cup (60ml) unbleached, all-purpose flour**
- **1 large onion, peeled, halved and sliced**

3 **garlic cloves, peeled and finely chopped**
1 **fresh rosemary sprig**
¼ **cup (60ml) fresh lemon juice**
½ **cup (125ml) chicken broth, low sodium**
1 **teaspoon (5ml) lemon zest**
6 **thin slices lemon**
chopped rosemary for garnish (optional)

1. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 400°F (200°C).

2. Season the chicken thighs on both sides with ½ teaspoon of salt and all of the pepper. Dredge the chicken thighs in flour to lightly coat.

3. Once unit has preheated, put the chicken, skin side down, into the cooking pot. Brown on both sides, about 10 minutes per side. Remove and reserve.

4. Reduce heat to 350°F (180°C). Sauté onion and garlic for 4 to 5 minutes until softened.
Stir in the rosemary sprig and remaining ½ teaspoon of salt. Add the lemon juice, scraping up any brown bits that may remain on the cooking surface with a wooden spoon. Let juice come to a boil and reduce by half, about 30 seconds. Add the chicken broth and lemon zest and let come to
a boil.

5. Nestle the browned chicken thighs in the onion mixture. Place lemon slices on top of the chicken.

6. Switch unit to Slow Cook on Low for 5 hours. Cover and cook until thighs are very tender.

7. When time has expired, unit will switch to Keep Warm. Garnish with the chopped rosemary if desired. Serve immediately in shallow bowls with rice or mashed potatoes.

Nutritional information per serving:
Calories 242 (57% from fat) • carb. 8g • pro. 18g • fat 15g • sat. fat 4g • chol. 79mg • sod. 459mg • calc. 22mg • fiber 1g

Pulled Pork

A great component to any game day spread – be it sliders, tacos or on top of white rice.

Settings: Brown/Sauté
Slow Cook

Makes 8 to 12 servings

Dry Barbecue Rub:
¼ **cup (60ml) packed light brown sugar**
3 **tablespoons (45ml) chili powder**
2 **teaspoons (10ml) Cajun seasoning**
1 **teaspoon (5ml) smoked paprika**
1 **teaspoon (5ml) kosher salt**
1 **teaspoon (5ml) freshly ground black pepper**
5 to 6 **pounds (2.3-2.7kg) whole pork shoulder (bone-in)**

Barbecue Sauce:
1 **teaspoon (5ml) olive oil**
1 **medium onion, peeled and sliced**
6 **garlic cloves, peeled and finely chopped**
1 **teaspoon (5ml) Worcestershire sauce**
1 **cup (250ml) chicken broth, reduced sodium**
½ **cup (125ml) chili sauce (such as Heinz)**
¼ **cup (60ml) cider vinegar**
¼ **cup (60ml) molasses**
2 **tablespoons (30ml) tomato paste**
1 **tablespoon (15ml) light brown sugar**
1 **teaspoon (5ml) instant espresso powder**

1. Mix the rub ingredients together in a small bowl. Rub all over the pork shoulder and allow to marinate in a large baking pan or
in a 2-gallon (7.6L) resealable bag in the refrigerator overnight.

2. After the pork has marinated, put the oil in the cooking pot of the Multicooker set to Brown/Sauté at 400°F (200°C). Once unit has preheated, brown the pork well on all sides, about 3 to 4 minutes per side. Remove
and reserve.

3. Reduce heat to 350°F (180ºC) and add the onion and garlic; sauté until softened, about 3 to 5 minutes.

4. While the onion and garlic are cooking, mix the rest of the ingredients together in a small bowl until combined. Once the vegetables have softenend, stir in the sauce.

5. Bring sauce to a boil and add pork back to pot; turn to coat in sauce and cover, switch unit to Slow Cook on Low for 12 hours..

6. To serve, shred pork directly in pot, either with tongs or gloved hands, into bite-size pieces. Remove bones and discard. Shred meat well into sauce to incorporate.

Nutritional information per serving (based on 12 servings):
Calories 521 (61% from fat) • carb. 17g • pro. 33g • fat 35g • sat. fat 12g • chol. 134mg • sod. 855mg • calc. 56mg • fiber 1g

Primavera Shrimp Sauté

A colorful and light dish that takes very little time to prepare.

Setting: Brown/Sauté

Makes about 7 cups (1,750ml)

- **1 pound (450g) shrimp, peeled and deveined**
- **1 teaspoon (5ml) kosher salt, divided**
- **¼ teaspoon (1ml) freshly ground black pepper, divided**
- **2 teaspoons (10ml) olive oil, divided**
- **1 cup (250ml) broccoli florets**
- **1 garlic clove, peeled and sliced**
- **½ cup (125ml) chicken broth, low sodium**
- **¼ teaspoon (1ml) crushed red pepper flakes**
- **1 small red onion, peeled, halved and sliced lengthwise**
- **1 small yellow bell pepper, sliced**
- **½ cup (125ml) snow peas, trimmed**
- **½ cup (125ml) sugar snap peas, trimmed**
- **½ cup (125ml) peas, fresh or frozen**
- **6 ounces (170g) asparagus (about ½ small bunch), trimmed and cut into 2-inch (5cm) pieces**
- **½ teaspoon (2ml) grated lemon zest**
- **¼ cup (60ml) fresh basil, thinly sliced**

1. Season the shrimp on both sides with half of the salt and pepper.

2. Heat 1 teaspoon of the oil in the cooking pot of the Multicooker and set to Brown/Sauté at 400°F (200ºC). Once preheated, add half the shrimp and lightly brown on each side until cooked through, about 2 minutes per side. Remove and reserve. Repeat with remaining shrimp.

3. Reduce the temperature to 300°F (150ºC)and put the remaining teaspoon of oil into the pot. Add the broccoli and garlic and sauté until garlic becomes slightly golden. Add the chicken broth and crushed red pepper flakes. Cover and simmer until the broccoli is crisp-tender, about 4 to 5 minutes. Remove from pot and set aside.

4. Add the onion and pepper and sauté until softened and slightly golden, about 2 to 3 minutes. Add the snap peas, snow peas and the asparagus; stir until they become bright green, about 3 to 5 minutes.

5. Return the shrimp and broccoli to the pot and add the peas, remaining salt, lemon zest and basil. Cook until warmed through, about 1 to 2 minutes.

6. Adjust seasoning. Serve immediately.

Nutritional information per serving (1 cup (250ml):
Calories 98 (20% from fat) • carb. 9g • pro. 11g • fat 4g • sat. fat 0g • chol. 82mg • sod. 715mg • calc. 65mg • fiber 2g

Asian-Style Steamed Salmon

This salmon is perfect served on its own or over a bed of mixed greens.

Setting: Steam

Makes about 4 servings

- **2 tablespoons (15ml) mirin**
- **2 tablespoons (15ml) sake**
- **1 one-inch (2.5cm) piece ginger,**

peeled and thinly sliced

1 scallion, thinly sliced

1 garlic clove, peeled and smashed

1 pound (450g) salmon fillet, skin on

1 quart water for steaming

¼ teaspoon (91ml) kosher salt

1. In a shallow baking dish whisk together the mirin, sake, ginger, scallion and garlic. Place the fish in the marinade; turn to coat and lay flesh side down into the marinade. Cover with plastic wrap and refrigerate 30 minutes.

2. Fitted with the rack, fill cooking pot with the 1 quart of water and set Multicooker to Steam for 12 minutes.

3. Remove fish from refrigerator. Season fish with salt. Once tone sounds, place the fish on the rack and top with some of the aromatics it marinated in.

4. Depending on the fillet's thickness, begin checking doneness at 8 to 10 minutes. Serve immediately.

Nutritional information per serving (4 ounces (115g) of fish): Calories 190 (35% from fat) • carb. 5g • pro. 23g • fat 7g • sat. fat 1g • chol. 62mg • sod. 117mg • calc. 19mg • fiber 0g

Tofu with Soy-Ginger Vegetables

Browning the tofu gives added flavor and dimension to this great meatless main meal.

Settings: Brown/Sauté
Steam

Makes about 4 servings

Ginger Marinade

½ cup (125ml) soy or tamari sauce, reduced sodium

½ cup (125ml) rice vinegar

1 tablespoon (15ml) fresh lime juice (about ½ medium lime)

1 teaspoon (5ml) sesame oil

2 scallions, trimmed and thinly sliced

2 tablespoons (30ml) chopped fresh cilantro

1 ½-inch (1.25cm) piece fresh ginger, peeled and finely chopped

1 garlic clove, peeled and finely chopped

¼ teaspoon (1ml) freshly ground black pepper

Vegetables

½ cup (125ml) broccoli florets, cut into 1-inch (2.5cm) pieces

½ cup (125ml) sugar snap peas, trimmed

1 large portobello mushroom, cut into 1-inch (2.5cm) pieces

Tofu

8 ounces (226g) extra-firm tofu

¼ teaspoon (1ml) kosher salt

¼ teaspoon (1ml) freshly ground black pepper

1½ teaspoons (7.5ml) grapeseed oil

1 quart water, for steaming

1. Whisk the soy sauce, rice vinegar, lime juice and sesame oil together in a shallow baking dish. Stir in the remaining marinade ingredients. Add the vegetables, cover and marinate until ready to use (no more than 1 hour).

2. While the vegetables are marinating, place the tofu on a paper towel-lined plate to drain. Pat dry and then season with the salt and pepper. Cut into 4 even pieces; reserve.

3. Put the oil into the cooking pot of the Multicooker set to Brown/Saute at 400°F (200°C). Once preheated, add the tofu and brown all over, about 4 minutes per side. Remove and reserve.

4. Carefully wipe out the cooking pot and add 1 quart of water. Insert the steaming rack and cover. Set to Steam for 7 minutes. Once tone sounds, place the drained marinated vegetables on the steaming rack. Cover and steam vegetables.

5. Once vegetables are cooked, remove and serve with the seared tofu. If desired, marinating liquid can be reduced to serve as a sauce. To do so, carefully remove the pot and empty the water. Add the marinade and set to Brown/Sauté at

350°F (180ºC). Allow to reduce slightly. Cool no more than 8 minutes.

Nutritional information per serving:
Calories 190 (35% from fat) • carb. 5g • pro. 23g • fat 7g • sat. fat 1g • chol. 62mg • sod. 117mg • calc. 19mg • fiber 0g

Sides

Garlic-Rosemary Beans

These are delicious served alongside lamb chops. You can also purée them in a food processor to make a white bean dip to serve with a crudités platter.*

Settings: Brown/Sauté
Slow Cook

Makes about 6 cups (1.5L)

1 pound (450g) dried navy or cannellini beans
1½ teaspoons (7ml) olive oil
6 to 8 garlic cloves, peeled and crushed
2 fresh rosemary sprigs
½ teaspoon (2ml) kosher salt
2½ cups (625ml) vegetable or chicken broth, low sodium

1. Put beans in a large bowl, cover with room temperature water by 2 inches (5cm). Soak overnight. Once soaked, drain, rinse, and drain again.

2. Put the oil in the cooking pot of the Multicooker set to Brown/Sauté at 350°F (180ºC). Add the garlic. Sauté until the garlic is golden and fragrant, about 1 to 2 minutes. Add the remaining ingredients. Stir to combine, cover and switch to Slow Cook on High for 2½ hours.

3. Once the time has expired, the unit will automatically switch to Keep Warm. Serve warm or at room temperature.

* If puréeing, more liquid (about ½ to 1 cup(125ml-250ml) may need to be added when processing.

Nutritional information per serving (½ cup (125ml):
Calories 138 (7% from fat) • carb. 24g • pro. 9g • fat 1g • sat. fat 0g • chol. 0mg • sod. 182mg • calc. 60mg • fiber 9g

Macaroni & Cheese

We upped the creaminess factor in our version of everyone's favorite comfort food. Béchamel is the centerpiece of this ultimate macaroni and cheese.

Settings: Brown/Sauté
Slow Cook

Makes about 6 servings

4 tablespoons (60ml) unsalted butter
¼ cup (60ml) unbleached, all-purpose flour
3 cups (750ml) whole milk
½ teaspoon (2.5ml) kosher salt
¼ teaspoon (1ml) freshly ground black pepper
pinch ground nutmeg
¼ teaspoon (1ml) dried mustard powder
6 ounces (175g) various shredded cheeses (such as Cheddar and/or fontina)
2 ounces (60g) grated Parmesan
½ pound (225g) macaroni, par-cooked (see package instructions and cook half of the suggested time), reserved

1. Put the butter into the cooking pot of the Multicooker set to Brown/Sauté at 300°F (150ºC). Once butter has melted, stir in the flour and cook, stirring often, for about 4 to 5 minutes or until mixture is lightly browned and thickened.

2. Gradually whisk in the milk, salt, pepper, nutmeg and dried mustard using a nonstick whisk. Raise heat to 325°F (160ºC) to bring the mixture to a boil. Stirring constantly, cook about 2 to 3 minutes or so, until thickened.

3. Once the white sauce has thickened, stir in the cheeses and mix until melted.

4. Stir in the macaroni until well mixed and cover.

5. Switch the unit to Slow Cook on Low for 2 hours.

6. Once time has expired, the unit will automatically switch to Keep Warm. Serve immediately, garnished with toasted breadcrumbs if desired.

Nutritional information per serving (1 cup (250ml): Calories 460 (49% from fat) • carb. 37g • pro. 20g • fat 24g • sat. fat 15g • chol. 71mg • sod. 570mg • calc. 456mg • fiber 1g

Sautéed Red Potatoes

A quick and flavorful way to enjoy red potatoes. Be patient with flipping the potatoes – they brown best if they are left to sit in the hot cooking pot before turning.

Settings: Brown/Sauté

Makes about 4 to 6 servings

- **1½ tablespoons (7ml) olive oil**
- **1 pound (450g) small red new potatoes, cut into wedges**
- **½ teaspoon (2.5ml) kosher salt**
- **pinch freshly ground black pepper**
- **3 to 4 garlic cloves, peeled and smashed**
- **2 teaspoons (10ml) chopped fresh rosemary**

1. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 350°F (190ºC).

2. Once the oil is hot, add the potatoes, salt and pepper.

3. Cook the potatoes uncovered for about 30 to 35 minutes, stirring occasionally until fully cooked and well browned.

4. During the last 5 minutes of cooking, add the garlic and rosemary, and toss to combine.

5. Serve immediately.

Nutritional information per serving (½ cup (125ml): Calories 86 (36% from fat) • carb. 13g • pro. 2g • fat 4g • sat. fat 1g • chol. 0mg • sod. 204mg • calc. 12mg • fiber 1g

Brown Rice Risotto

This colorful side dish works well with most main dishes. Any vegetable or herb can easily be substituted for a variation.

Settings: Brown/Sauté
Slow Cook

Makes about 4 cups (1L)

- **1 teaspoon (5ml) olive oil**
- **1 small red bell pepper, cut into ½-inch (1.25cm) dice**
- **1 small yellow bell pepper, cut into ½-inch (1.25cm) dice**
- **1 small onion, cut into ½-inch (1.25cm) dice**
- **2 garlic cloves, peeled and crushed**
- **2 sprigs fresh thyme**
- **1¼ teaspoons (6ml) kosher salt**
- **¼ teaspoon (1ml) freshly ground black pepper**
- **1 cup (250ml) brown basmati rice**
- **1¾ cups (425ml) chicken broth, low sodium**
- **½ cup (125ml) frozen peas**
- **¼ cup (60ml) fresh parsley leaves, chopped**
- **2 scallions, trimmed and chopped**

1. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 350°F (180ºC). Add the peppers, onion, garlic, thyme, salt and pepper. Sauté until softened, about 5 to 6 minutes.

2. Add the rice and stir to coat with oil and ingredients in the pot. Cook for 1 minute. Add the broth and bring to a boil. Cover and switch to Slow Cook on High for 1 hour.

3. Once time has expired, the unit will automatically switch to Keep Warm. Let the rice sit covered for 15 minutes. When 5 minutes are remaining, stir in the peas. Finish by stirring in the parsley and scallions for garnish.

Nutritional information per ½-cup (125ml) serving: Calories 115 (13% from fat) • carb. 22g • pro. 4g • fat 2g • sat. fat 0g • chol. 0mg • sod. 376mg • calc. 13mg • fiber 2g

Desserts

Applesauce

When fall comes around, nothing is better than the aroma of apples cooking in the home.

Setting: Slow Cook

Makes about 4 cups (1L)

- **3½ pounds (1.6kg) apples, cored and cut into two-inch pieces (peeled or unpeeled)**
- **2 cinnamon sticks**
- **2 pinches freshly ground nutmeg**
- **pinch ground cloves**
- **pinch kosher salt**
- **⅔ cup (150ml) water**
- **2 tablespoons (30ml) fresh lemon juice**

1. Put all of the ingredients into the cooking pot of the Multicooker.

2. Cover and set to Slow Cook on Low for 4 hours.

3. Once unit switches to Keep Warm, remove the cinnamon sticks. If a chunky sauce is desired, use a potato masher to mash apples to desired consistency. If a smooth sauce is preferred, transfer apples to a fine mesh strainer and press through with the help of a ladle. Once the apples have passed through the strainer, discard the skins (if necessary) and return smooth apples to the cooking pot. Keep sauce on Keep Warm for serving, or cool to room temperature and store in the refrigerator.

Nutritional information per serving (½ cup(125ml): Calories 105 (3% from fat) • carb. 28g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 21mg • calc. 16mg • fiber 5g

Dulce de Leche

Making your own dulce de leche is simple and satisfying. The longer you cook it, the richer and more concentrated the caramel flavor gets.

Setting: Brown/Sauté

Makes about 1¾ cups (440ml)

- **2 cans (13–14 ounces (400ml) sweetened condensed milk**
- **pinch kosher salt**
- **½ teaspoon (2.5ml) baking soda**

1. Put all of the ingredients into the cooking pot of the Multicooker.

2. Set the unit on Brown/Sauté at 350°F (180°C) to bring mixture to a boil, uncovered, stirring frequently. Once mixture just comes to a boil, reduce heat to 250°F (120°C) so it is at a low simmer. Keep pot uncovered and stir occasionally, cooking the sauce until it is a dark caramel color and thickened, but pourable, about 1 to 1 hour 15 minutes.

3. Switch to Slow Cook on Warm if serving immediately, or cool to room temperature and store in refrigerator if using at a later time.*

Nutritional information per serving (1 tablespoon (15ml): Calories 85 (24% from fat) • carb. 14g • pro. 2g • fat 2g • sat. fat 1g • chol. 9mg • sod. 61mg • calc. 75mg • fiber 0g

*To reheat, first bring dulce de leche to room temperature, and then warm desired amount in a small saucepan over low heat.

Poached Pears

Poached pears can be enjoyed simply with whipped cream or a rich vanilla ice cream.

Settings: Brown/Sauté
Slow Cook

Makes 8 servings

- **2 cups (500ml) white Zinfandel, or other sweet rosé wine**
- **6 cups (1,500ml) water**
- **¼ cup (60ml) granulated sugar**
- **1 vanilla bean, halved and seeds scraped (or 1½ teaspoons pure vanilla extract)**
- **1 two-inch (5cm) piece orange peel, bitter white pith removed**
- **2 tablespoons (30ml) fresh lemon juice**
- **pinch kosher salt**
- **4 firm pears; peeled, halved and cored**

1. Put all of the ingredients, except the pears, into the cooking pot of the Multicooker.

2. Cover and set to Brown/Sauté at 375°F (190ºC) to bring to a boil.

3. Once boiling, uncover and reduce temperature to 300°F (150ºC) and allow to simmer for about 30 minutes to reduce mixture slightly.

4. Add the pears, cover and switch unit to Slow Cook on High for 2 hours. When finished pears should be just tender. You should be able to pierce the fruit with the tip of a paring knife, getting little resistance. If overcooked, the pears will be mushy, if undercooked, they will be tough and grainy. All pears are different, so if you find that they need additional time, add another 30 minutes and check after every 10 minutes.

5. Once pears are properly poached, carefully remove with a slotted spoon and reserve on a platter.

6. If a serving sauce is desired, switch the unit to Brown/Sauté at 375°F (190ºC) for 30 minutes, uncovered to reduce liquid to a light syrup.

7. Serve pears warm or at room temperature, with some of the poaching syrup poured over them.

Nutritional information per serving (based on 8 servings):
Calories 101 (1% from fat) • carb. 16g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 24mg • calc. 9mg • fiber 2g

Lightened Rice Pudding

The great thing about this dessert is that it can be served warm out of the cooking pot or chilled. Chilled rice pudding does set up and has a different consistency than when served warm. If not serving immediately, stir some extra coconut milk or water into the rice pudding to make it creamier.

Setting: Slow Cook

Makes 8 cups (2L)

- **1½ cups (375ml) Arborio rice**
- **2 cans (14 ounces(412ml) coconut milk (not lite)**
- **1 cup (250ml) water**
- **1½ teaspoons (7.5ml) pure vanilla extract**
- **½ cup (125ml) granulated sugar**
- **½ teaspoon (2.5ml) kosher salt**
- **2 cinnamon sticks**
- **2 pinches ground nutmeg**

1. Put all of the ingredients into the cooking pot of the Multicooker. Stir to combine.

2. Set to Slow Cook on High for 2 hours.

3. Once the cooking time has elapsed, the unit will automatically switch to Warm. Let rice pudding sit covered on Keep Warm for 30 minutes.

Nutritional information per serving (½ cup (125ml): Calories 173 (47% from fat) • carb. 22g • pro. 2g • fat 9g • sat. fat 2g • chol. 0mg • sod. 87mg • calc. 2mg • fiber 0g

NOTES

NOTES